

PSHE Planning

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS	Being Me in my World Self identity Understanding Feelings Being in a Classroom Being Gentle Rights and Responsibilities	Celebrating Differences Identifying Talents Being Special Families Where we live Making Friends Standing up for yourself	Dreams and Goals Challenges Perseverance Goal Setting Overcoming obstacles Seeking help Jobs Achieving Goals	Healthy Me Exercising Bodies Physical Activity Healthy Food Sleep Keeping Clean Safety	Relationships Family Life Friendships Breaking Friendships Falling Out Dealing with Bullying Being a good friend	Changing Me Bodies Respecting my body Growing up Growth and change Fun and Fears Celebrations Transition into Year 1.
YEAR 1	Physical health and wellbeing: Fun times <ul style="list-style-type: none"> • food that is associated with special times, in different cultures • active playground games from around the world • sun-safety 	Keeping safe and managing risk: Feeling safe <ul style="list-style-type: none"> • safety in familiar situations • personal safety • people who help keep them safe outside the home 	Identity, society and equality: <ul style="list-style-type: none"> • what makes themselves and others special • roles and responsibilities at home and school • about being co-operative with others 	Drug, alcohol and tobacco education: What do we put into and on to bodies? <ul style="list-style-type: none"> • what can go into bodies and how it can make people feel • what can go on to bodies and how it can make people feel 	Mental health and emotional wellbeing: Feelings <ul style="list-style-type: none"> • different types of feelings • managing different feelings • change or loss and how this can feel 	Careers, financial capability and economic wellbeing: My money <ul style="list-style-type: none"> • where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do
YEAR 2	Physical health and wellbeing: What keeps me healthy? <ul style="list-style-type: none"> • eating well • the importance of physical activity, sleep and rest • people who help us to stay healthy and well and about basic health and hygiene routines 	Mental health and emotional wellbeing: Friendship <ul style="list-style-type: none"> • the importance of special people in their lives • making friends and who can help with friendships • solving problems that might arise with friendships 	Sex and relationship education: Boys and girls, families <ul style="list-style-type: none"> • to understand and respect the differences and similarities between people • the biological differences between male and female animals and their role in the life cycle • the biological differences between male and female children • growing from young to old and that they are growing and changing • everybody needs to be cared for and ways in which they care for others • different types of family and how their home –life is special 		Keeping safe and managing risk: Indoors and outdoors <ul style="list-style-type: none"> • keeping safe in the home, including fire safety • keeping safe outside • road safety 	Drug, alcohol and tobacco education: Medicines and me <ul style="list-style-type: none"> • why medicines are taken • where medicines come from • keeping themselves safe around medicines Asthma lesson for Year 2 <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use
YEAR 3	Drug, alcohol and tobacco education: Tobacco is a drug <ul style="list-style-type: none"> • the definition of a drug and that drugs (including medicines) can be harmful to people • the effects and risks of smoking tobacco and secondhand smoke • the help available for people to remain smoke free or stop smoking 	Keeping safe and managing risk: Bullying – see it, say it, stop it <ul style="list-style-type: none"> • to recognise bullying and how it can make people feel • different types of bullying and how to respond to incidents of bullying • what to do if they witness bullying 	Mental health and emotional wellbeing: Strengths and challenges <ul style="list-style-type: none"> • celebrating achievements and setting personal goals • dealing with put-downs • positive ways to deal with set-backs 	Identity, society and equality: Celebrating difference <ul style="list-style-type: none"> • valuing the similarities and differences between themselves and others • what is meant by community • belonging to groups 	Careers, financial capability and economic wellbeing: Saving, spending and budgeting <ul style="list-style-type: none"> • what influences people's choices about spending and saving money • how people can keep track of their money • the world of work 	Physical health and wellbeing: What helps me choose? <ul style="list-style-type: none"> • making healthy choices about food and drinks • how branding can affect what foods people choose to buy • keeping active and some of the challenges of this

PSHE Coverage cont

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YEAR 4	<p>Identity, society and equality: Democracy</p> <ul style="list-style-type: none"> • Britain as a democratic society • how laws are made • learn about the local council 	<p>Drug, alcohol and tobacco education: Making choices</p> <ul style="list-style-type: none"> • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • the effects and risks of drinking alcohol • different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 4</p> <ul style="list-style-type: none"> • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use 	<p>Physical health and wellbeing: What is important to me?</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • other factors that contribute to people’s food choices (such as ethical farming, fair trade and seasonality) • the importance of getting enough sleep 	<p>Keeping safe and managing risk: Playing safe</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • keeping safe near roads, rail, water, building sites and around fireworks • what to do in an emergency and basic emergency first aid procedures 	<p>Sex and relationship education: Growing up and changing</p> <ul style="list-style-type: none"> • the way we grow and change throughout the human lifecycle • the physical changes associated with puberty • menstruation and wet dreams • the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty • strategies to deal with feelings in the context of relationships • to answer each other’s questions about puberty with confidence, to seek support and advice when they need it 	
YEAR 5	<p>Physical health and wellbeing: In the media</p> <ul style="list-style-type: none"> • messages given on food adverts can be misleading • role models • how the media can manipulate images and that these images may not reflect reality 	<p>Identity, society and equality: Stereotypes, discrimination and prejudice (including tackling homophobia)</p> <ul style="list-style-type: none"> • stereotyping, including gender stereotyping • prejudice and discrimination and how this can make people feel 	<p>Keeping safe and managing risk: When things go wrong</p> <ul style="list-style-type: none"> • keeping safe online • that violence within relationships is not acceptable 	<p>Mental health and emotional wellbeing: Dealing with feelings</p> <ul style="list-style-type: none"> • a wide range of emotions and feelings and how these are experienced in the body • times of change and how this can make people feel • the feelings associated with loss, grief and bereavement 	<p>Drug, alcohol and tobacco education: Different influences</p> <ul style="list-style-type: none"> • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol 	<p>Careers, financial capability and economic wellbeing: Borrowing and earning money</p> <ul style="list-style-type: none"> • money can be borrowed but there are risks associated with this • enterprise • what influences people’s decisions about careers
YEAR 6	<p>Sex and relationship education: Healthy relationships / How a baby is made</p> <ul style="list-style-type: none"> • the changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships • about human reproduction in the context of the human lifecycle • how a baby is made and grows (conception and pregnancy) • about roles and responsibilities of carers and parents • to answer each other’s questions about sex and relationships with confidence, where to find support and advice when they need it <p>Additional lessons:(as part of SRE policy development)</p> <ul style="list-style-type: none"> • some myths and misconceptions about HIV, who it affects and how it is transmitted • about how the risk of HIV can be reduced • that contraception can be used to stop a baby from being conceived 		<p>Drug, alcohol and tobacco education: Weighing up risk</p> <ul style="list-style-type: none"> • the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs • assessing the level of risk in different situations involving drug use • ways to manage risk in situations involving drug use 	<p>Identity, society and equality: Human rights</p> <ul style="list-style-type: none"> • people who have moved to Wickhambrook from other places, (including the experience of refugees) • human rights and the UN Convention on the Rights of the Child • homelessness 	<p>Mental health and emotional wellbeing: Healthy minds</p> <ul style="list-style-type: none"> • what mental health is • what can affect mental health and some ways of dealing with this • some everyday ways to look after mental health • the stigma and discrimination that can surround mental health 	<p>Keeping safe and managing risk: Keeping safe - out and about</p> <ul style="list-style-type: none"> • about feelings of being out and about in the local area with increasing independence • recognising and responding to peer pressure • the consequences of anti-social behaviour (including gangs and gang related behaviour) <p>FGM</p> <ul style="list-style-type: none"> • about the importance for girls to be protected against FGM